

School Health Promotion Morning Announcements

JANUARY: Get enough sleep



Quiz:

[Start speaking here.]

1. At least how many hours of sleep should a school-age kid get every night?

- A. 5-6
- B. 9-10
- C. 12-13

Answer: B. Doctors recommend that kids get 9-10 hours of sleep a night.

2. Which of the following is NOT a benefit of sleep?

- A. It helps your body fight off sickness and stay healthy
- B. It gives you a better memory
- C. It makes your teeth whiter
- D. It helps you pay attention in school
- E. It makes you less grumpy

Answer: C. No teeth whitening, but all the other choices are pretty cool benefits of sleep!

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